



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

UGU HEALTH DISTRICT

DISTRICT OFFICE

UGU

NEWS

JULY-SEPTEMBER 2024

UGU HEALTH OPERATIONAL MANAGERS ORIENTATION AND INDUCTION AT MARGATE HOTEL



Operational Managers, Match and District Management during the induction and orientation workshop at Margate Hotel

Ugu Health District Office Management and Match, which is the NGO operating under Ugu District organised the orientation and induction workshop for all operational managers for PHC facilities in Ugu District. The aim of the workshop was to welcome all new operational managers employed recently and remind them of all the policies and strategies of the department. This also assisted as all attendees felt valued, while organisers also aimed to pave the way for them to be a productive and positive asset to the department as they will fully understand their respective roles in their sub-districts.

This workshop was on 17-18 September 2024 at Margate hotel. All sub-districts which includes Ray Nkonyeni, Umhloni, Umuziwabantu and Umzumbe were present and operational managers were excited to attend the workshop.

Managers for different programmes for the District Office and Match got the opportunity to interact with managers who attended the workshop, PHC Managers, supervisors to OM's also attended the workshop. This was also a great opportunity that they meet at the district level.

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HERITAGE MONTH WAS ALSO CELEBRATED DURING OPERATIONAL MANAGERS ORIENTATION AND INDUCTION AT MARGATE HOTEL



Mrs Linda Dlamini, Mr Themba Mkhize, Mrs Andisiwe Bauer and Mrs Thabisile Mathenjwa at Margate Hotel

The District Director, Mrs Linda Dlamini who formally welcomed managers also granted the opportunity for the team building.

The purpose of the team building is to enhance the relationships between employees and managers. Leaders play a huge role in initiating the team building as they need employees to work together and learn from each other for them to be productive, that is why Mrs Dlamini needed to grant this opportunity as a leader and also to be present during the team building activities.

As the workshop happened during the month of September, Heritage day was organised for operational managers and it was part of team building activities which happened during the workshop. Managers were dressed up according to their cultures and they performed on a stage as per the sub-districts. I was a very exciting night for all attended as people got time to mingle and share ideas in an informal way. Mrs Dlamini also gave the informal address sharing with the managers the importance of embracing the culture.

South Africans celebrate the day by remembering the cultural heritage of the many cultures that make up the population of South Africa.

The theme for 2024 was **“Celebrating the lives of our heroes and heroines who laid down their lives for our freedom”**.

The event was a success and managers enjoyed meals which was prepared for them for different cultures.



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**GROWING
KWAZULU-NATAL
TOGETHER**

PHOTO GALLERY

HERITAGE MONTH CELEBRATION



UGU HEALTH DISTRICT DIRECTOR CORNER



Mrs Linda Dlamini-Ugu Health District Director

The second quarter of 2024/25 has been a transformative period for Ugu Health District. As we navigated the months from July to September, our district stood resilient against multiple health challenges while drawing strength from key health events and national milestones that shaped our collective response to the community's needs.

July: Spotlight on Mental Health and Substance Abuse

July is globally recognized for its emphasis on Mental Health and Substance Abuse awareness. In Ugu, these issues are deeply intertwined with the socio-economic challenges many of our residents face. We used this month to intensify our efforts in mental health outreach and treatment programs, aiming to reduce the stigma around mental illness and ensure access to critical care. In collaboration with community health workers, we held awareness campaigns in schools, community August, in South Africa, holds special significance as Women's Month, dedicated to celebrating the strength and resilience of women in our country.

For Ugu District, this period became an opportunity to focus on women's health, particularly sexual and reproductive health services. As we celebrated the remarkable women in our district. As we celebrated remarkable women in our district, we also acknowledged the unique health challenges they face.

We expanded access to maternal healthcare services and increased efforts around cervical cancer screening and contraceptive education. Our campaign against Gender-Based Violence (GBV), which gained significant momentum during Women's Month,

emphasized the link between domestic violence and its negative impact on women's physical and mental well-being.

The district partnered with local non-governmental organizations (NGOs) to offer counseling, legal advice, and medical care to survivors of GBV.

September: Tackling TB and Lung Health

As we moved into September, the spotlight shifted to Tuberculosis (TB) and lung health, in line with South Africa's annual TB awareness campaign. TB remains a major public health concern, particularly in districts like Ugu, where many residents are vulnerable due to socioeconomic conditions, HIV prevalence, and limited access to healthcare.

Our district saw a renewed focus on community-based interventions, enhancing early diagnosis and treatment adherence programs. The month had multiple Operation Siyaya Emhlangeni activations which promoted women's health and prevention of teenage pregnancy. Amakhosi and Onomehlo were the key drivers of the activation campaigns which showcased the great power of integrated stakeholder collaboration.

Strengthening the Foundation for Future Health Success

As we reflect on the work accomplished from July to September, I am incredibly proud of the Ugu Health District team and our partners. However, we are acutely aware that there is much more to be done. The HIV/AIDS epidemic, rising non-communicable diseases like diabetes and hypertension, and the persistent challenge of economic recovery continue to strain our resources.

Our district is committed to innovative and community-centered approaches to health. The integration of mobile health services, digital health records, and training community health workers will help ensure that we meet our goals and provide care to every resident in Ugu.

Looking Ahead

As we move into the last quarter of the year 2024, the lessons learned and achievements of the past months will serve as a springboard for continued success. In the months ahead, we will focus on expanding immunization coverage, increasing access to mental health care, and scaling up our HIV prevention campaigns.

The health of Ugu District is a reflection of the collective strength of our community, and I remain confident that, together, we will continue to build a healthier, more resilient district.

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UGU HEALTH DISTRICT WELLNESS AND SPORT EVENT FOR ALL UGU EMPLOYEES



Trophies were handed out to the winning teams



The day started with aerobics

Ugu Health District Employers are constantly working out ways to ensure their employees are not burnt out and are fit to perform in the best possible way. Looking on issue that employees are faces with in our days which includes staff shortage, pandemics, outbreaks etc, the department must really come up with different strategies which will keep employees alive and in stable minds.

Among the various ways of pushing for employee wellness, is to focus on sports and creating men and womens forums for employees to ensure good health and employee productivity.

Employees are assets of the department, it is employers duty to make sure that their wellness is being taken care of. The wellness of the organization depends on the well-being of its employees, managers must allow the employees to part of these activities as they assist a lot.

As a norm, Ugu Health District organised Sports and Wellness event for Ugu Health employees, this event was at Scottsburg Country Club. All health facilities are participating in this event which is having different sports codes. The normally stars by aerobics where everyone joins and after employees are being separated as per their sorts codes. Partners from different companies also comes and support this event as we see them every years, they come with their diffesrent services where everyone is getting the opportunity to utilise those services.

Trophies for all the winners and medals are issued at the end of the event. The province is also oragnising this kind of an event as teams to participate on provincial event is selected during the district event. The provincial event is expected to be in October and Ugu Health District is in preparation as the employees are going to participate.



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WELLNESS AND SPORTS EVENT

PHOTO GALLERY



Tag of War



Ugu Health District employees in action



Ugu Health District employees in action



Winners



Winners



Winners



WORK AND PLAY IS ESSENTIAL FOR EMPLOYEES WELL BEING: UGU HEALTH DISTRICT OFFICE



District Office Netball Club



Murchison Hospital took the trophy for soccer

In preparation of Ugu Health District Sport and Wellness event, the District Office hosted its own event on the 8th of August 2024. Forensics and Pathology Services and Emergency Services also participated as they are part of the District Office stall. The organising team also invited Murchison Hospital netball and football team as the neighbouring institution to join the event. All the teams were very excited on the day.

On this day the teams to participate on the District event were selected for all the codes. It was great to see the management of the district participate in this event as this encourages the employees to be active. Health talks were also done on the day and people were encouraged on healthy eating. Fruits and water were provided for all participants and attendees. It is the responsibility of the employer to grant the opportunity to the employees to participate on wellness programme, the district office management is encouraging all facilities to create this platform for all the employees in Ugu Health District.



All participants received their medals on the day



UMNYANGO WEZEMPILO OGWINI UYAQHUBEKA NEZINHLELO ZESIBHEDLELA KUBANTU



Umphakathi uyaqinisekisa ukuthi uphuma ngobuningi bawo ukuzothola usizo lwezempilo oGwini

UMnyango weZempilo kwisiFunda Ugu usebenza ngokungakhathali ukuqinisekisa uthi ezempilo ziyafinyelela kuyoyonke imiphakathi. Abaphathi bezibhedlela bayakuqinisekisa ukuthi okungenani kanye ngenyanga Isibhedlela nesibhedlela siphume siye emiphakathini ikakhulu le ekude nemitholampilo kanye nezibhedlela ukuze umphakathi uthole ukusizakala.

Loluhlelo Isibhedlela kuBantu lwasungulwa uNqaonqoshe weZempilo uNkz Nomagugu Simelane ngokubuka ukuthi mining imiphakathi eyakhele



izindawo ezikude kakhulu nezempilo nalapho kumele bakhokhe izimali ezinkulu ukuze bagibele.

Okuhle ngaloluhlelo ukuthi nalabo abakubukela kude ukuya emitholampilo bakuthola kulula ukwelashwa uma umnyango usufike eduze kwabo. Abantu besilisa noma amadoda ayaye angathandi ukusondela emitholampilo ngenxa yyezizathu zabo ezehlukene okubalwa kuzo nokulinda isikhathi eside, kodwa ngenxa yaloluhlelo kanye nokuqguzela mitholampilo ukuba kuvulwe imitholampilo oyamadoda, sesenyuke kakhulu isibalo sabesilisa abathola ukwelashwa. Uma kunesiBhedlela Kubantu esihleliwe kuyaqinisekiswa ukuthi kuba khona ikhosombe elibekwayo lapho amadoda ezocebisana khona ngezempilo kube nezinkulumo zokuqwashisa, kuphindwe kuhlelwe umhlengi wesilisa ozobhekana nawo. Kuyathokozisa kakhulu ukubona umphakathi uhlangabezana nomnyango ukuqinisekisa Impilo encono.



'LET US ALL GET INVOLVED' SOUTH AFRICA CELEBRATED NELSON MANDELA MONTH

In July, South Africa celebrates former President Nelson Mandela's birthday. 18 July has been declared Nelson Mandela International Day, but as South Africans we embrace the chance to celebrate Nelson Mandela's life for the whole of July.

The day was officially declared by the United Nations in November 2009, Nelson Mandela showed South Africa and the world, the extraordinary difference one person can make in building a better world. The theme of this year's Nelson Mandela International Day was **'combatting poverty and inequality is in our hands'**.

The 67 minutes symbolically represent the number of years the former President fought for human rights and the abolition of apartheid. Every one is encouraged to spending 67 minutes in honouring the hero making impact and difference. South Africans are embracing this this and get excited on this month. Ugu Health District facilities also make sure that they touch lives of Ugu citizens in different ways during this month especially on 18 July of every year. Some go out to schools for cleaning, they buy groceries to give to the needy, clean the streets, etc.

Within health facilities, health care workers normal spend special time with admitted clients, they make special days for them, eg giving out goodies, singing for them, or cooking special meals etc.

A lot we can learn by Nelson Mandela's experience first one is: Never abandon hope or give up. "The struggle is my life. Violence is not the answer. "We can't win a war, but we can win an election." Learn how to forgive. Bond by sharing experience.

One of the themes on past years was 'Make every day a Mandela day' this encourages every one to do good to others all the time not in July only.



UGU HEALTH DISTRICT TEAM WELCOMES MR Z MBETE AS A NEWLY APPOINTED CEO FOR PORT SHEPSTONE REGIONAL HOSPITAL



Ugu Health District Director Mrs Linda Dlamini, CEOs and Management warmly welcomed Mr Zakanzima Mbete who recently joined the Ugu team as Port Shepstone Regional Hospital CEO. Mrs Dlamini is thrilled to have Mr Mbete in a team. He also assured the team that he is ready for a memorable time and a

Happy Women's Day

On this Women's Day, we celebrate the progress that has been made in empowering women over the past 30 years of freedom in South Africa. We honour the women who are the backbone of our healthcare system, and appreciate their immense contribution and all the sacrifices they make to give hope, save lives, cure the sick and injured.

We also support all the strong women who continue to overcome challenges and rise above adversity. Together, let's rally behind the indomitable spirit of the women of our nation! Happy Women's Day.

ACKNOWLEDGEMENTS

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